

Sustainable and healthy food and beverage policy 2020-2021

The sustainable food policy has been designed as a main driver in our commitment to deliver healthy and sustainable food and beverage products to our staff, students and visitors. We work in partnership with our university Sustainable Development and Procurement teams to ensure that we consider ethical, social and environmental factors when making decisions on the products and services we provide throughout Nottingham Trent University. We form strong relationships with all our suppliers to ensure that through open, constructive dialogue both new and existing parties consider the social, ethical and environmental impacts of their services and activities and address how to reduce them. We actively encourage local SME's to participate in tendering for university contracts and provide support to assist this process.

The NTU catering team aim to deliver the following strategies across all campuses as part of our on-going commitment to providing a sustainable product and service by considering the following factors in our decision making:

Fruit and Vegetables

- Demand that our contracted fruit and vegetable supplier maximises the use of locally grown produce by working closely and forming relationships with local farms and suppliers to ensure that the fruit and vegetable products used in our recipes and menus reflect where possible, the current season.

Fresh Meat and Poultry

- All meat products used in our freshly prepared dishes must be certified as Red Tractor standard or equivalent as minimum and it is our aim that these products are all supplied from farms within the East Midlands.
- All fresh poultry is certified Red Tractor, supplied from UK farms only and is halal certified.
- Animal welfare is a major factor in our procurement processes.
- Continued use of beef and lamb sourced from the Brackenhurst Campus for graduation dinners where possible.

Oil

- We only use cold-pressed rapeseed oil that is produced in the UK for frying and olive oil or rapeseed oil for dressings as it has less unhealthy saturated fat than all other cooking oils and fats and is high in mono-unsaturated and poly-unsaturated fats omega 3, 6 and 9.
- All our used rapeseed oil is returned to the supplier and recycled for use as biodiesel for the fuelling of tractors and delivery vehicles.
- We will only use palm oil for cooking if it is guaranteed to be from a sustainable source.

Fish

- All the fish we use is from a sustainable source and is always listed on the Marine Conservation Society's 'Fish to Eat' publication.
- We are MSC certified which means that we can ensure that the fish we purchase is sourced responsibly.

- Where possible MSC certification will be a primary consideration in all our fish and seafood procurement. We will only serve tinned tuna that is certified dolphin friendly and is listed on the Marine Conservation Society's 'Fish to Eat' publication.
- We explore the use of alternative, more sustainable fish and seafood in order to contribute to the protection of over fished 'at risk' species.

Milk, Yoghurts and Eggs

- All the milk that we purchase for the Nottingham Trent University for use in freshly prepared meals is 100% organic.
- We also provide organic yoghurts within our retail outlets.
- All the eggs that we use in our freshly prepared dishes including scrambled egg for breakfast are free range and organic.

Water

- We replace where practically possible the use of bottled water on hospitality and conference catering with an alternative self-bottling system that reflects a more sustainable approach to our water provision.
- We recognise water as a natural product that should be readily available to all our customers in all our outlets at zero cost.
- We actively support the drinking of tap water by students and staff and thereby provide such water in all our outlets in either jug, water fountains or tap dispensers as an alternative option to bottled water.

Fairtrade options

- NTU has held Fairtrade status since 2008 and we strive to maintain making Fairtrade products available as widely as practicable in our cafés and restaurants. If for reasons of price, quality, supply availability or contractual obligations we are unable to provide these products, then the University is committed to offering them at a time when these issues are no longer a barrier.
- The University will offer Fairtrade coffee and sugar at all internal meetings and hospitality events.
- NTU commits to increasing the variety of Fairtrade products for events as it becomes possible to do so.

Nutrition and Healthy options

It is an on-going commitment that we regularly review our menus and cooking practices to ensure that we retain the maximum nutritional content of our ingredients and products and ensure that a selection of healthy options is available throughout our catering provision. We do this by:

- Limiting the use of salt in cooking.
- Providing only Lo-salt in our restaurants and restricting this to one central point.
- Only using healthy oils for cooking and dressing and limiting deep frying to a minimum.
- Always ensuring meals served are balanced and include all food groups.
- Actively promoting healthy options on our menus.
- Ensuring that where possible the nutritional values and guideline daily amounts are available.

- Ensuring cooking methods reflect the aim to maximise nutritional value of our products.
- Increasing the range of vegan plant-based options.

Waste

- All our used rapeseed oil is returned to the supplier and recycled for use as bio diesel for the fuelling of tractors and delivery vehicles.
- All our food waste is removed by NTU's nominated waste management contractor and recycled for use in the production of electricity through Anaerobic digestion.
- As part of the 'Food for Life Served Here' catering mark programme we regularly monitor plate waste in our restaurants with a view to taking corrective action on portion size, product popularity and quality.
- Our recipes are designed to ensure that as much of a product is used in food production as possible, such as bones and vegetable stalks and leaves, therefore minimising food waste.
- We have systems in place to monitor and reduce food waste in all our outlets and from our hospitality provision.
- All our staff are trained and refreshed on waste segmentation and the correct waste disposal routes

Packaging and disposable products

- We actively encourage our suppliers to use alternative packing to ensure where possible a sustainable, recyclable product. The use of excessive cardboard packing in deliveries is to be discouraged.
- All the disposables used in our restaurants, cafes, delivered service and production kitchens are recyclable.
- Replacing where possible all single use plastic products with more environmentally friendly alternatives in support of the 'Plastic Planet' campaign supported by the university.

Energy

- Catering work closely with the Sustainable Development Team to explore new and alternative energy reduction methods in order to contribute to a reduction in the University's carbon footprint.
- Energy rating of appliances is a major consideration when purchasing new catering equipment.
- Staff are trained to utilise timers on catering equipment in order to reduce energy consumption.
- During university closure periods it is policy to ensure that the absolute minimum and only essential catering appliances such as fridges and freezers are left in operation.

Sustainable Food and Beverage Action Plan 2020-21

Objective	Target date	Action	Progress
<p>1 <u>Embracing sustainability</u> To reduce the amount of food waste produced by Catering and Hospitality</p>	<p>Throughout the policy period and outcome assessed July 2021</p>	<p>Continue to utilise the plate waste monitoring system in all restaurants and adjust as necessary to production methods and portion sizes.</p>	<p>System implemented and records reviewed monthly at Catering Managers team meetings and corrective actions monitored.</p>
		<p>Continue to engage with 'Your Business is Food' campaign designed by WRAP (Waste and Resources Action Program) by recording waste for all areas of the department.</p>	<p>System now in place to record food waste across the department every two months, reports produced identifying trends and subsequently informing of ways of reducing the waste.</p>
		<p>Work with NTU Environment Team in developing relationships with local charities to use unsold produce to distribute to and benefit those less fortunate in society.</p>	<p>Contracts in place with 'Tracy's Street Kitchen' to provide unsold prepacked sandwiches and salads. Redundant kitchen equipment donated to help with the preparation of hot meals.</p>
		<p>To reduce food waste caused through over-ordering via Hospitality customers.</p>	<p>Message added onto hospitality ordering site stating 'We are committed to keeping food waste to a minimum, as such ask you to consider quantities when ordering. Our team are more than happy to offer advice & guidance on both portions size and quantities'.</p>
		<p>To ensure all waste is disposed of in the most environmentally friendly way.</p>	<p>Refresher training in compactor and waste bins delivered to senior team members to disseminate amongst team.</p>

2	<u>Embracing sustainability</u> & <u>Enriching Society</u> To contribute towards protection of overfishing and depletion of 'at risk' species.	April 2021	To continue to source sustainable fish and maintain the MSC certification.	MSC certification achieved at all campuses.
3	<u>Embracing sustainability</u> Retain 'Silver food for life served here' accreditation in refectories.	Audit November 2020	Ensure all documentation and procedures meet the requirements of the catering mark criteria and increase points awarded in 'Championing local suppliers' category.	Silver 'Food for Life Served Here' awarded November 2020. Research completed into possibility of increasing the organic food spend to meet the requirements for the Gold 'Food for Life Served Here' award.
4	<u>Embracing sustainability</u> To replace current cleaning products and chemicals with more environmentally friendly options that are plant based, biodegradable and less hazardous.	Sept 2021	To carry out cost benchmarking exercises, look at dispenser-controlled systems and consult with other university users	Mini tender planned for Autumn 2020.
5	<u>Embracing sustainability</u> & <u>Valuing ideas – Encouraging collaboration within NTU</u> To utilise green space at City and Clifton campuses to grow fresh herbs and thus reduce cost and food miles associated with these products.	Ongoing	Liaise with the University Landscaping team to explore options for a wider variety of herbs to be grown at the two relevant campuses and look to use these within NTU kitchens as opposed to purchasing.	Herb gardens now at Clifton (Pavilion) and City (Dryden quadrangle) now growing rosemary, parsley, chives and thyme which are used in dishes such as 'Leek, potato and chive soup' and 'Vegetable and garden herb soup.
6	<u>Embracing sustainability</u> Work with suppliers to introduce more environmentally friendly packaging for delivering ingredients.	Ongoing	Discuss with suppliers generating unacceptable levels of cardboard packing alternative options and solutions in order to reduce the environmental impact of the current packing.	Millside Barrowcliffe now provide 85% of all fruit and vegetables in plastic, reusable boxes –replacing the previous cardboard box product. Included request for minimal packaging as part of criteria for tender processes.

				New sandwich supplier contracted who uses more environmentally friendly forms of packaging for sandwiches and hospitality platters.
7	<u>Embracing sustainability</u> To reduce the number of disposable cups used with hot drinks.	October 2021	To maintain additional cost which is added to customer's orders when using the disposable cups.	Reusable takeaway cups introduced at all outlets, 10p levy to apply to all customers using takeaway disposable cups-Reduction of 20p for using re - usable cup or NTU branded keep-cup.
8	<u>Embracing sustainability</u> & <u>Valuing ideas</u> To support the university in continuing to achieve Fairtrade accreditation	June 2021	To increase awareness of Fairtrade at all campuses and increase the range of Fairtrade produce purchased	Additional Fairtrade produce added within retail, improved signage added on to Fairtrade product signage. Posters displayed promoting the purchasing of Fairtrade goods.
9	<u>Embracing sustainability</u> To maximise utilisation of local suppliers and seasonal produce in support of the local economy.	January 2021	To introduce Nottingham farmed free range milk.	Work underway in logistics of swapping milk supplier
			To continue to use existing local suppliers	Owen Taylor, Millside Barrowcliffe, Luke Evans, Campbells to continue as main suppliers
10	<u>Embracing sustainability</u> & <u>Connecting globally</u> Explore ways to support local, national and International charitable initiatives through our procurement agenda and supplier relationships	October 2020	Investigate possibility of changing water supplier to 'One Water' which helps to provide fresh clean water for the world's poorest communities.	One Water to be sold in all applicable outlets from Sep/Oct 2020.

11	<u>Embracing sustainability</u> & <u>Enriching society</u> To encourage staff and students to use fresh and sustainable produce and improve health through improved nutrition	June 2021	To introduce a 'Get cooking' style initiative to NTU staff and students through a series of virtual and 'Face to face' delivered educational demonstrations supporting the use of fresh sustainable produce.	Discussions taken place regarding logistics of events
			To sell produce at reduced prices from central locations to increase awareness and uptake of vegetarian/vegan options	Discussions taken place regarding logistics of events
12	<u>Embracing sustainability</u> & <u>Valuing ideas</u> Increased partnerships with Sustainable development colleagues to deliver actions and support NTU wide sustainability projects.	May 2021/ongoing	To support NTU's Green weeks by providing a 'Lo-carbon' menu in all catering outlets. The menu will focus on three main elements; Using 100% locally grown and sourced ingredients; 100% vegetarian; maximum ingredients in season	Meetings scheduled with team to look at arrangements
			Support University Christmas and Easter energy reduction 'switch offs'	At both vacation periods fridge/freezer stock is consolidated between units to reduce the amount of equipment running and reduce energy consumption.
13	<u>Embracing sustainability</u> & <u>Valuing ideas</u> To increase the sustainability credentials within catered events	September 2021	To build a strong collaboration with the events team in maximising the sustainability credentials of our catered events provision to internal and external stakeholders	Teams meeting to be scheduled
14	<u>Embracing sustainability</u> Through innovative menu design and effective marketing target a 5% increase in the availability of plant-based meal options available at	September 2025	Kitchen team to convert existing vegetarian recipes where feasible to make them vegan friendly. To liaise with the NTU vegetarian/vegan society in	27 recipes to date converted to vegan friendly dishes. Vegan sandwich offers extended and improved signage installed.

	catering outlets in year one rising to 20% in year 5		order to communicate this action to the student body.	
15	<u>Embracing sustainability</u> & <u>Enriching society</u> To ensure no products containing non-sustainable palm oil is purchased by the department	February 2021	To review all products and procurement practices to ensure no non-sustainable palm oil is removed from our food products and cleaning materials	New products currently being checked for suitability
16	<u>Embracing sustainability</u> To contribute to the university's aim to reduce plastic waste and introduce more environmentally friendly options.	Throughout policy period	Removal of all remaining non-essential single use plastic products from the operation with sustainable, environmentally beneficial replacements sourced.	Paper straws introduced in place of plastic versions. All plastic bottled soft drinks replaced with canned alternatives at all retail units. 20,000 Plastic pots and cutlery used during graduation replaced with card pots and wooden cutlery. Plastic cutlery replaced with corn starch alternative. All plastic water cups replaced with compostable alternative.
17	<u>Embracing sustainability</u> & <u>Valuing ideas – Encouraging collaboration within NTU</u> To increase policy adherence through procurement	January 2021	To develop a close partnership NTU procurement team to support delivery and ensure policy adherence.	Communication channels developed